

1-DAY FOOD COMBINING PLAN

Designed to support smoother digestion,
reduce bloating, and give your gut a break



FOOD COMBINING MEAL PLAN

Morning (on waking)

Warm lemon water

A glass of warm water with the juice of half a lemon.
Supports digestion and liver function.

Breakfast (fruit Alone)

Tropical Chia Pudding

- 1/2 cup canned coconut milk
- 2 tbsp chia seeds
- 1/2 cup crushed pineapple or mango
- 1/2 tsp maple syrup (optional)

How to prep: Mix the chia seeds with coconut milk and maple syrup. Let sit overnight. Top with fruit just before serving.

Prep time: 5 min (plus overnight chill)

Serves: 1

Gluten-free, dairy-free, prep-ahead friendly

Food combining note: Fruit is best digested alone. Enjoy this meal on its own.

Lunch (Protein + Non-Starchy Vegetables)

Lemon Herb Chicken Salad

- 1 small chicken breast, grilled and sliced
- Mixed leafy greens (rocket, spinach, mesclun)
- 1/4 avocado
- Cucumber, cherry tomatoes, fresh parsley
- Dressing: Olive oil + lemon juice + Dijon mustard

Prep time: 10–15 min

Serves: 1

Gluten-free, dairy-free

Food combining note: Proteins pair well with non-starchy vegetables.

FOOD COMBINING MEAL PLAN

Afternoon Snack (Optional)

Cucumber & Carrot Sticks with Hummus

A light and easy-to-digest option if you're hungry.

Dinner (Starch + Non-Starchy Vegetables)

Sweet Potato & Quinoa Bowl

- 1/2 medium sweet potato, roasted
- 1/2 cup cooked quinoa
- Steamed broccoli, zucchini & kale
- Tahini drizzle or avocado slice

Prep time: 20 min

Serves: 1

Gluten-free, dairy-free

Food combining note: Starches combine best with non-starchy vegetables, not protein.

After Dinner (if needed)

Herbal tea — peppermint or chamomile to support digestion and wind down

Tips for Success

- Eat slowly and chew thoroughly
- Avoid cold drinks at meals
- Allow 3–4 hours between meals if possible
- Keep meals simple

Want personalised guidance? Book a free Clarity Call with Paula to explore what works best for your gut.

This plan is gluten- and dairy-free, designed for gentle digestion, and not intended to replace medical advice.